

**Nevada Action for Healthy Kids  
K-12 School Physical Activity Resource Book**

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**Before, During, After School Physical Activity Programming  
Submission for the  
Nevada Action for Healthy Kids Physical Activity Resource Book**

**Author of the Submission:**

This before, during or after school physical activity program idea is submitted by

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from the professional organization of \_\_\_\_\_

**What kind of a program idea is it?**

1. Title of the program idea
2. Is the program idea you are submitting a before, during or after school program?
3. For what school level (elementary, middle school, or high school) is the idea you are submitting best suited?

Provide brief description of the physical activity program (e.g., what kids would be doing).

**Resources Needed**

1. Provide an overview of all of the personnel resources needed
2. Provide an overview of all facility resources needed
3. Provide an overview of all equipment resources needed

**Other Important Considerations**

Provide an overview of all other important considerations that one should anticipate in the implementation of this program. Considerations might include recruiting participation, ensuring a safe and fun activity environment, and ideas for sustaining the program.

**Physical Activity Break  
Submission for the  
Nevada Action for Healthy Kids Physical Activity Resource Book**

**Author of the Submission:**

This physical activity break idea is submitted by \_\_\_\_\_

from the professional organization of \_\_\_\_\_

**Description of the Physical Activity Break Idea**

1. Title of the physical activity break idea
2. For what school level (elementary, middle school, or high school) is the idea you are submitting best suited?

Provide brief description of the physical activity break idea (e.g., what kids would be doing, when in the school day it would/could be implemented, and who would implement it).

**Resources Needed**

1. Provide an overview of all facility/space resources needed
2. Provide an overview of all equipment resources needed

**Other Important Considerations**

Provide an overview of all other important considerations that one should anticipate in the implementation of this program. Considerations might include recruiting participation of teachers and students, ensuring an efficient, safe, and fun physical activity break, and ideas for sustaining participation.

**Using the School Environment to Encourage Physical Activity  
Submission for the  
Nevada Action for Healthy Kids Physical Activity Resource Book**

**Author of the Submission:**

This idea is submitted by \_\_\_\_\_

from the professional organization of \_\_\_\_\_

**Description of the Idea**

1. Title of the idea
2. For what school level (elementary, middle school, or high school) is the idea you are submitting best suited?

Provide brief description of idea.

**Resources Needed**

1. Provide an overview of all facility/space resources needed
2. Provide an overview of all equipment resources needed

**Other Important Considerations**

Provide an overview of all other important considerations that one should anticipate in the implementation of this program.

**Physical Activity Resources in Nevada  
Submission for the  
Nevada Action for Healthy Kids Physical Activity Resource Book**

**Author of the Submission:**

This resource is submitted by \_\_\_\_\_

from the professional organization of \_\_\_\_\_

**Description of the Nevada Physical Activity Resource Idea**

1. Title of the resource
2. For what school level (elementary, middle school, or high school) is the resource you are submitting best suited?

Provide a brief description of the resource (e.g., that nature of the resource, how the resource could be used to help schools encourage physical activity, and how the resource could be accessed).

**Other Important Considerations**

Provide an overview of all other important considerations for using this resource. Considerations might include any conditions that must be met and/or pertinent contact information.

